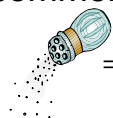


MAY 2011 LUNCH MENU & ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
2 10:30 Dancing, lunch room 11:45 Lunch Menu Chicken Cordon Bleu Whole Wheat Noodles Green Beans Provincial Garden Salad Mandarin Oranges 1:00 Big Bingo	3 10:30 Identity Theft Presentation by Sergeant Michael Fisher, lunch room 11:45 Lunch Menu Beef Stew Whole Grain Roll Garden Salad Sugar-Free Jello & Tropical Fruit 1:00 Movie: Alice in Wonderland 4:00 Wii Bowling	4 10:30 Line Dancing, lunch room 11:45 Lunch Menu Baked Seasoned Fish Brown Rice Sautéed Broccoli Sweet Potatoes & Fresh Fruit 12:45 Bingo, lunch room 2:00 MV Seasoned Travelers Meeting 5:30 Movie: Alice in Wonderland	5 8:30 Notary Service 11:45 Lunch Menu Chicken Asparagus Pecan Pasta Caesar Salad Cantaloupe 1:30 SALA Appts 3:00 South Bay Community Orchestra Concert	6 10:30 Blood Pressure Check 10:45 Dancing w/ Ana & Irv 11:45 Lunch Menu Chinese Pepper Steak Fried Brown Rice Brussels Sprouts Oriental Vegetables Cottage Cheese w/ Fruit 1:00 Movie: Alice in Wonderland
9 10:30 Dancing, lunch room 11:45 Lunch Menu Boneless Pork Chop Vegan Split Pea Soup Wheat Roll Garden Salad Tropical Fruit Cup 2:00 Hearing Screening	10 8:30 HICAP 9:00 Brown Bag Renewal 9:15 Eyeglass Repair 10:30 Book Club - "The Gift of an Ordinary Day" 11:45 Lunch Menu Egg Frittata & Muffin Laguna Blend Veggies Salad & Blueberries 1:00 Movie: The Social Network 4:00 Wii Bowling	11 7:30 Black Oak Casino 10:30 Line Dancing, lunch room 11:45 Lunch Menu B.B.Q. Chicken Pasta Salad w/ Veggies Cauliflower & Carrots Apple 12:45 Bingo, lunch room 5:30 Movie: The Social Network	12 10:30 Bookmobile 11:15 FIRE DRILL 11:45 Lunch Menu Mediterranean Fish Brown Rice Pilaf Broccoli & Cauliflower Peaches	13 10:30 Blood Pressure Check 10:45 Dancing w/ Ana & Irv 11:45 Lunch Menu Vegetable Lasagna Chicken Noodle Soup Garlic Bread Tuscany Blend Veggies Banana 1:00 Movie: The Social Network






NUTRITION PROGRAM - The suggested contribution is \$2.50 for people 60 years and over. The meal cost is \$5.00 for people under 60 years old. Lunch is served at 11:45 a.m. Recommended sign in time: 11:15 a.m. First come, first served.



= Meal contains more than 1000mg sodium

Calendar
Continued on
Back



Monday	Tuesday	Wednesday	Thursday	Friday
16 10:30 Dancing, lunch room 11:45 Lunch Menu  Breaded Cod Spanish Rice & Black Beans Broccoli & Cauliflower Garden Salad Fresh Fruit 2:00 Newcomers' Group	17 11:00 CSA Information + Referral 11:45 Lunch Menu Chicken Pot Pie (vegetarian available) Confetti Coleslaw Apple 12:30 Workshop: Budget Impacts on Medicare 1:00 Movie: Fantastic Mr. Fox 4:00 Wii Bowling	18 10:00 Podiatry Screening 10:30 Line Dancing, lunch room 11:45 Lunch Menu  B.B.Q. Pork Ribs Wheat Roll & Baked Beans Carrot Raisin Salad Mandarin Oranges 12:45 Bingo, lunch room 2:00 Senior Advisory Committee 5:30 Movie: Fantastic Mr. Fox	19 10:30 Bookmobile 11:45 Lunch Menu Spaghetti w/ Meatballs Sautéed Fresh Broccoli Marinated Salad w/ Olives, Cucumbers, and Red Bell Pepper Banana w/ Yogurt 1:00 Workshop: Shedding Light on Staying Home 1:30 SALA Appointments	20 10:30 Blood Pressure Check 10:45 Dancing w/ Ana & Irv 11:45 Lunch Menu Szechwan Chicken Brown Rice Sautéed Cabbage & Carrots Green Salad  Strawberries Celebrating May Birthdays w/ Birthday Cake 1:00 Movie: Fantastic Mr. Fox
23 10:30 Dancing, lunch room 11:45 Lunch Menu  Swedish Meatballs over Egg Noodles Baked Tomato Spinach Salad Melon	24 9:15 Eyeglass Repair 11:45 Lunch Menu Salmon Fillet Brown Rice & Steamed Spinach Minestrone Soup Pineapple 1:00 HICAP 1:00 Movie: Unstoppable 4:00 Wii Bowling	25 10:30 Line Dancing, lunch room 11:45 Lunch Menu Chef's Choice Turkey Whole Grain Roll & Mashed Potatoes Black Beans, Corn & Tomato Salad Cantaloupe & Sugar-Free Jello 12:30 Alzheimer's Screening 12:45 Bingo, lunch room 5:30 Movie: Unstoppable	26 10:30 Bookmobile 11:00 Saratoga Luncheon & Hakone Gardens 11:00 Workshop: Hindustani Music 11:45 Lunch Menu Mandarin Orange Chicken Brown Rice Green Salad Grapes 12:45 Reading Partners Ice Cream Social	27 10:30 Blood Pressure Check 10:45 Dancing w/ Ana & Irv 11:45 Lunch Menu Breaded Fish Fillet Cornbread Sautéed Cabbage & Carrots Mushrooms 100% Fruit Juice 1:00 Movie: Unstoppable
30  Memorial Day Holiday SENIOR CENTER CLOSED	31 11:45 Lunch Menu Meatloaf w/ Gravy Muffin & Seasonal Vegetables Garlic Mashed Potatoes Cantaloupe 1:00 Movie: Knight and Day 4:00 Wii Bowling	<div>PAGE 2</div>		